

**Welcome to the
Upper Mississippi River
National Wildlife and Fish Refuge**

The refuge lies within the beautiful bluff country. Diverse habitats such as marshes, wooded islands, bottomland forests and upland prairies are home to wildlife. Paddle the canoe trail to enjoy an intimate look at this river refuge.

Paddling on the Mississippi River

There are no restrictions as to where canoes can go on the Mississippi River backwaters. If you feel comfortable, explore off trail.

Safety Tips

- Wear your life jacket.
- Alcohol and the river don't mix.
- Check weather conditions before launching. Get off the water if there is a thunderstorm.
- Tell someone where you will put in, take out, and your return time.
- During hunting season make yourself visible by wearing bright colors and put reflective tape on your paddle or canoe.

River Currents

Backwaters can be dangerous during high water. The current can be strong around log jams, snags and low hanging branches. If the canoe gets pinned against them, the current may cause it to capsize.

See the **Public Use Regulations** brochure for more information.



**Upper Mississippi River National
Wildlife & Fish Refuge/ Headquarters**
51 East Fourth Street, Room 101
Winona, MN 55987
507/ 452 4232

www.fws.gov/midwest/UpperMississippiRiver
UpperMississippiRiver@fws.gov

La Crosse District (Pools 7-8)
555 Lester Avenue
Onalaska, WI 54650
608/ 783 8405

People with hearing impairments may
contact the refuge through the Federal
Information Relay Number at 800/ 877 8339



Wisconsin Department of Natural Resources
3550 Mormon Coulee Road
La Crosse, WI 54601
608/ 785 9000



U.S. Army Corps of Engineers
1114 South Oak Street
La Crescent, MN 55947
507/ 895 6341



La Crosse County Park Department
400 N. 4th Street
La Crosse, WI 54601
608/785 9770

U.S. Fish & Wildlife Service

Upper Mississippi River

National Wildlife & Fish Refuge

Canoe Trail

Goose Island (Pool 8)

*Staying on
the trail*

*Time and
distance*

*Hunting
Season*

Tips for Using the Goose Island Canoe Trail

This trail is posted for clockwise travel around the island. You will be paddling against the current for a portion of the trip. Remember that the current is usually less near the shore. Be alert for swift moving boats in Wigwam and Running Slough.

The canoe trail is 7.5 miles long and takes about 4 hours.

Hunting is permitted outside of Goose Island County Park and the No Hunting Zones. Be aware of hunters and let them be aware of you.

Voluntary Closed Period (Oct 15- End of Duck Season)

The canoe trail passes through resting and feeding areas for waterfowl and shorebirds during fall and spring migration. These birds are wary of any human activity and even distant canoes and boats can cause them to flush.

The Goose Island No Hunting Zone has been designated as a ***no motor use and voluntary avoidance area*** for all watercraft from October 15 to the end of duck season. By staying off the trail within the No Hunting Zone, you will give migrating birds the chance they need to feed and rest

